October, 2018

Cornerstone Health & Technology HS

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Monday	Tuesday	Wednesday	Thursday	Friday
Nutri-grain Bar(30) Animal Grahams(20) Craisins(28) Apple Juice(15) 1% or FF White Milk(13) 556:384:106 **1**	**Breakfast Nutrition Bar(38)** Orange Juice(15) Diced Peach Cup 1% or FF White Milk(13) 386:215:66 **2**	**Honey Wheat Bagel with Cream Cheese(35)** Fresh Apple(19) 1% or FF White Milk(13) 528:445:67 **3**	**WG Banana Muffin(31)** Mini Vanilla Wafers(19) Fresh Banana(23) Apple Juice(15) 1% or FF White Milk(13) 595:325:101 **4**	**WG Cinnamon Roll (42)** Orange Juice(15) Fresh Orange(19) 1% or FF White Milk(13) 476:270:89 **5**
Cocoa Puffs Cereal(25) Animal Grahams(20) Craisins(28) Apple Juice(15) 1% or FF White Milk(13) 506:405:101 **8**	**Double Chocolate Chip Muffin(27)** Mini Vanilla Wafers(19) Diced Pear Cup Orange Juice(15) 1% or FF White Milk(13) 486:320:74 **9**	**Dannon Nonfat Creamy Yogurt (14)** Giant Cinnamon Goldfish(21) Fresh Apple(19) 1% or FF White Milk(13) 378:295:67 **10**	**Breakfast Nutrition Bar(40)** Fresh Banana(23) Orange Juice(15) 1% or FF White Milk(13) 515:235:91 **11**	**WG Apple Roll (35)** Apple Juice(15) Fresh Orange(19) 1% or FF White Milk(13) 446:360:82 **12**
Trix Cereal Bar (30) Animal Grahams(20) Craisins(28) Apple Juice(15) 1% or FF White Milk(13) 546:345:106 **15**	**Breakfast Nutrition Bar(40)** Orange Juice(15) Mixed Fruit Cup 1% or FF White Milk(13) 426:235:68 **16**	**Honey Wheat Bagel with Cream Cheese(35)** Fresh Apple(19) 1% or FF White Milk(13) 528:445:67 **17**	**WG Banana Muffin(31)** Mini Vanilla Wafers(19) Fresh Banana(23) Orange Juice(15) 1% or FF White Milk(13) 595:325:101 **18**	**WG Breakfast Ring (29)** Apple Juice(15) Fresh Orange(19) 1% or FF White Milk(13) 476:390:76 **19**
Frosted Corn Flakes(24) Animal Grahams(20) Craisins(28) Orange Juice(15) 1% or FF White Milk(13) 496:435:100 **22**	**Double Chocolate Chip Muffin(27)** Mini Vanilla Wafers(19) Apple Juice(15) Diced Peach Cup 1% or FF White Milk(13) 486:320:74 **23**	**No Breakfast** **24**	**Breakfast Nutrition Bar(38)** Fresh Banana(23) Orange Juice(15) 1% or FF White Milk(13) 475:215:89 **25**	**WG Cinnabar (45)** Apple Juice(15) Fresh Orange(19) 1% or FF White Milk(13) 526:390:92 **26**
Cocoa Krispies Cereal Bar (27) Animal Grahams(20) Craisins(28) Orange Juice(15) 1% or FF White Milk(13) 546:385:103 **29**	**Breakfast Nutrition Bar(40)** Diced Pear Cup Apple Juice(15) 1% or FF White Milk(13) 426:235:68 **30**	**Honey Wheat Bagel with Cream Cheese(35)** Fresh Apple(19) 1% or FF White Milk(13) Happy Halloween! 528:445:67 **31**	556:384:106	556:384:106

Thought for Thought

Let a man avoid evil deeds as a man who loves life avoids poison. - Buddha

Tips & Information

Columbus is celebrated on the 2nd Monday in October. The day is commemorated as the Columbus Day in United States, as Día de las Culturas (Day of the Cultures) in Costa Rica, as Día de la Hispanidad (Spanish Day), as Día de la Raza (Day of the Race) in many countries in Latin America. Columbus Day became an authorized state holiday in Colorado in 1905. It became a national holiday in 1970 in the United States.

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Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ( )

AvgCals:501 AvgSod(mg):341 AvgCarbs(g):)86

"or:" = An alternative selection to choose. "WG"=Whole Grain

1% White & Fat Free Chocolate Milk available daily.

****Menu Subject to Change****

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